

Save the Date!

Texas Public Radio's 7th Annual

Silver Solutions

RESOURCES FOR LIVING LONG AND AGING STRONG

10a – 3p

Thursday, May 25, 2017

TriPoint Event Center

3233 N. St. Mary's @ US Hwy 281 South

www.tpr.org

Gather resources and information from senior service providers!

Speak with experts on a wide variety of aging matters!

Consider adopting a Senior-friendly pet!

Education Presentations:

- 10:15 **Getting Around Bexar County: Your Guide to Mobility Resources**
Presenter: Donna Teall, Lead Veteran & Mobility Coordinator, AACOG
- 11:00 **Mind-Body Medicine: How forgiveness impacts one's health**
Presenter: Dr. Venkat Srinivasan, Board Certified Internal Medicine Graduate Fellow, Arizona Center for Integrative Medicine
- 11:45 **Keeping Chronic Inflammation from Ruining Your Health: A Culinary Intervention**
Presenters: Michael J. Wargovich, Ph.D., F.A.C.N., Professor of Molecular Medicine, Cancer Center Council Distinguished Chair in Oncology CTCRC and UTHSCSA, Iverson Brownell, Executive Chef
- 12:30 **At the End of My Rope: Caregiver Burnout**
Presenter: Tina Smith, B.S. Psychology, M.S. Social Gerontology, Caregiver Specialist WellMed Charitable Foundation
- 1:15 **Transfer of Deed on Death: A new legal tool in Texas to help pass real property efficiently and inexpensively while avoiding probate**
Presenter: Paul Zambie, Attorney at Law, Texas Legal Services Center 501(c) 3
- 2:00 **Faces of AFib**
Presenter: Sarah Mohmedali, Program Associate, American Heart Association
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K.T. WHITEHEAD
CERTIFIED ELDER LAW ATTORNEY
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Planning For Life

